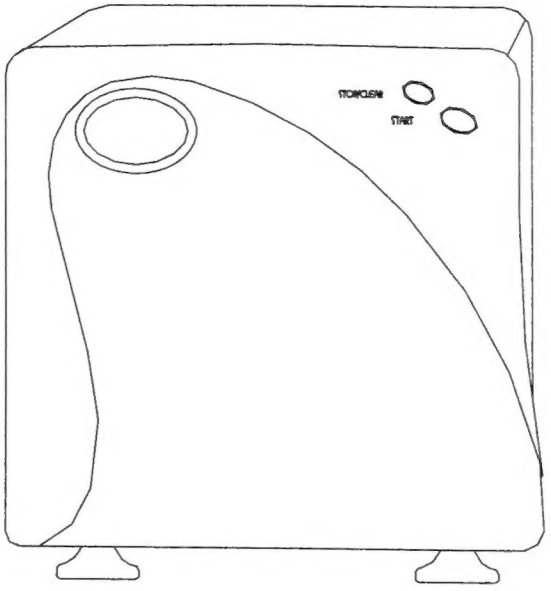
Microwave Oven

OWNER'S MANUAL

PRODUCT CODE:
790 359842 119

CAUTION:

Carefully Read Instructions and Procedures for Safe Operation



Date of Purchase:

_____/____/_____

UPC Code:
072000812167

Receipt of Purchase:

Attach Here

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy.

It is important not to defeat or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do not operate the oven if it is damaged.

It is particularly important that the oven door closes properly and that there is no damage to the following: (1) door (bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Precautions to Avoid Possible Exposure to Excessive Microwave Energy....1
Important Safety Instructions....2
Safety Precautions....3
Grounding Instructions....4
Installation....4
Care of Your Microwave Oven....5
How to Use Your Microwave Oven Safely....5
Location of Controls....6
Operation....7
Setting the Clock....7
Microwave Cooking....7
Popcorn Quick Cook Pad....7
Beverage Quick Cook Pad....7
Reheat Quick Cook pad....8
Defrost Cooking Pad....8
Express Cooking....8
Setting Childlock....8
Cooking Guide....9
The Principles of Microwave Cooking....9
Food Characteristics....9
Microwave Techniques....9
Hot Snacks and Appetizers....10
Meats....11
Poultry....11
Seafood....12
Eggs & Cheese....12
Vegetables....13
Casseroles....13
Desserts....14
Weight & Measure Conversion Chart....14
Specifications....15

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances, basic safety precautions should be followed, including the following:

1. Read all instructions before using this appliance.
2. Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 1.
3. This appliance must be grounded. Connect only to a properly grounded outlet. See "**GROUNDING INSTRUCTIONS**" found on page 4.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers, for example, closed glass jars, may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair or adjustment.
10. Do not cover or block any openings on this appliance.
11. Do not store or use this appliance outdoors. Do not use this product near water, for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. When cleaning surfaces of door and oven that come together when closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.
16. To reduce the risk of fire in the oven cavity:
    (a) Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
    (b) Remove wire twist-ties from paper or plastic bags before placing bag in oven.
    (c) If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
    (d) Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
17. Do not use this microwave oven to heat corrosive chemicals (for example, sulfides and chlorides). Vapors from such corrosive chemicals may interact with the contact and springs of the safety interlock switches thereby rendering them inoperable.

SAVE THESE INSTRUCTIONS

SAFETY PRECAUTIONS

General Use

1. Do NOT attempt to tamper with or make any adjustments or repairs to door, control panel or any other part of the oven. Do NOT remove outer panel from oven. Repairs should only be done by qualified service personnel.
2. Do NOT operate the oven empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
3. If a fire occurs in the oven, touch the STOP/CANCEL pad and LEAVE THE DOOR CLOSED. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
4. Do NOT attempt to dry clothes, newspapers or other materials in the oven. They may catch on fire.
5. Do NOT use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may ignite.
6. Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded on the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
7. Avoid inserting nails, wire, etc. through any holes in the unit during operation. Never insert a wire, nail or any other metal objects through the holes on the cavity or any other holes or gaps, because such objects may cause electric shock and microwave leakage.

Utensils

1. METAL CONTAINERS or dishes with metallic rims should not be used. Arcing may occur.
2. METAL TWIST-TIES may not be used in the microwave oven.
3. Do NOT use SEALED JARS or NARROW NECK bottles for cooking or reheating. They may shatter.
4. Do NOT use CONVENTIONAL THERMOMETERS in the microwave oven. They may cause arcing.
5. Remove PLASTIC STORE WRAPS before cooking or defrosting foods in the oven.
6. For FURTHER INFORMATION on proper cooking utensils, refer to the COOKING **GUIDE** on page 13.

Food

1. Never use your microwave oven for HOME CANNING. The oven is not designed to permit proper canning. Improperly canned food may spoil and be dangerous to consume.
2. COOKING TIMES given in the cooking guide are approximate. Factors that may affect cooking are starting temperature, altitude, volume, size and shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
3. It is better to UNDERCOOK RATHER THAN OVERCOOK foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.
4. SMALL QUANTITIES of food or foods with LOW MOISTURE content can burn, dry out or catch on fire if cooked too long.
5. Do NOT boil eggs in their shell. Pressure may build up and the eggs may explode.
6. Potatoes, apples, egg yolks, whole acorn squash and sausage are some examples of food with NONPOROUS SKINS. These must be pierced before cooking to prevent bursting.
7. POPCORN must be popped in a microwave corn popper. Microwave popped corn produces a lower yield than conventional popping. Do not use oven for popcorn unless popped in a microwave approved popcorn utensil or unless it's commercially packaged and recommended especially for microwave ovens. Do not use oil unless specified by the manufacturer.
8. Do NOT attempt to deep fat fry in your oven.
9. HEATED LIQUIDS can ERUPT if not mixed with air. Do not heat liquids in your microwave oven without first stirring.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded.

WARNING: Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or service person if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

If it is necessary to use an extension cord, use only a three wire extension cord that has a three blade grounding plug, and a three slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord should be equal to or greater than the electrical rating of the appliance.

INSTALLATION

1. Steady, flat location: When positioning the microwave oven, it should be set on a steady, flat surface.

2. Ventilation: Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause oven failure. For proper ventilation, keep 3 inches of space between the oven's top, sides, rear and the area where the unit is to be installed.

3. Radio and TV reception: Poor television reception and radio interference may result if the oven is located close to a TV, radio, antenna, or antenna wire. Position the oven as far from them as possible.

4. Temperature and moisture: Keep the oven away from hot air, steam or splashing liquids when choosing a place to locate it, otherwise, the unit's operation may be adversely affected, causing it to break down.

5. Power supply:

• Check your local power source. This microwave oven requires a 120V, 60Hz power supply.

• Use a receptacle that will accept the ground prong.

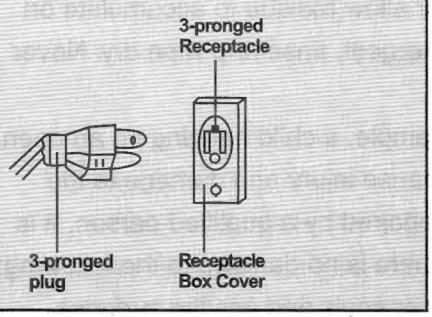
A. A short power supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.

B. Longer cord sets or extension cords are available and may be used if care is exercised in their use.

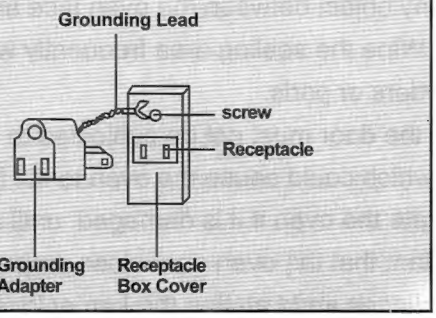
C. If a long cord or extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the extension cord must be a grounding-type 3-wire cord, and (3) the longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

6. Examine the oven for any damage such as: Dents, a misaligned door, broken door or a dent in the cavity. If any of the above are visible, DO NOT INSTALL THE UNIT. Notify the dealer immediately.

When using a 3-pronged plug

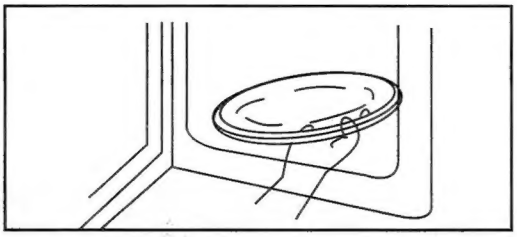


When using a grounding adapter, make sure the receptacle box is fully grounded.



CARE OF YOUR MICROWAVE OVEN

1. Disconnect the AC plug from the outlet before cleaning.
2. Keep the inside of the oven clean. When food spatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
3. The outside oven surface should be cleaned with soap and water, rinsed and dried with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation slots.
4. If the Control Panel becomes dirty or wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel.
5. If steam accumulates on both sides of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and this is not an indication of a malfunction in the unit.
6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm, sudsy water or in a dishwasher.



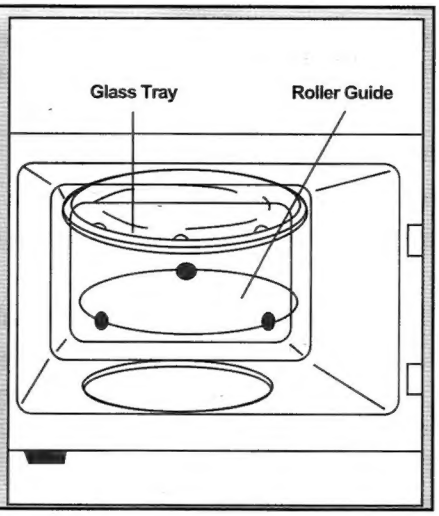
7. The roller guide and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller guide may be washed in mild, sudsy water or the dishwater.

Roller Guide

1. The ROLLER GUIDE and oven floor should be cleaned frequently to prevent excessive noise.
2. The ROLLER GUIDE MUST ALWAYS be used for cooking together with the Glass Tray.

Glass Tray

1. Do NOT operate the oven without the Glass Tray in place.
2. Do NOT use any other Glass Tray with this oven.
3. If the Glass Tray is hot, ALLOW IT TO COOL before cleaning it or placing it in water.
4. Do NOT cook directly on the Glass Tray.



HOW TO USE YOUR MICROWAVE OVEN SAFELY

Although your oven is provided with safety features, it is important to observe the following:

a) It is important not to defeat or tamper with safety interlocks.

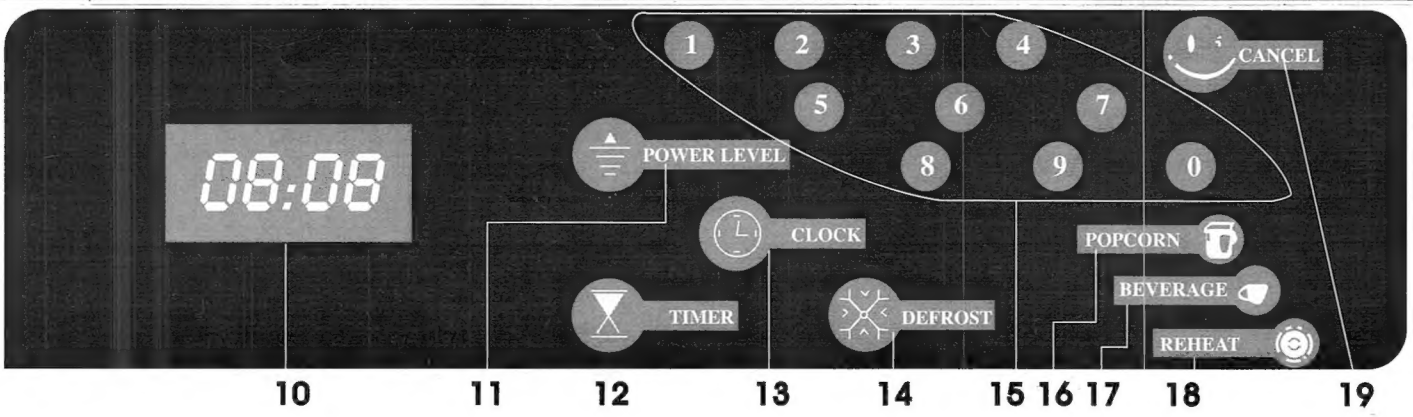
b) Do not place any object between the oven face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.

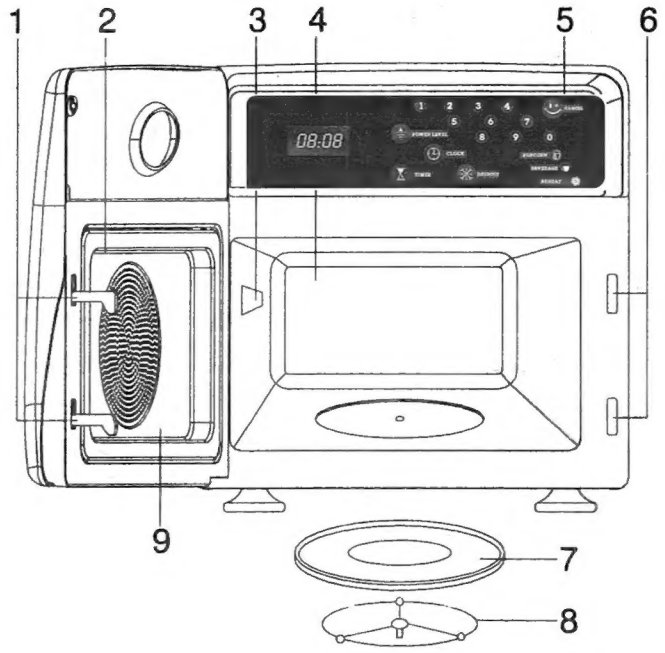
c) When opened, the door must not be subjected to strain, for example, a child hanging on an open door or any load which could cause the oven to fall forward and cause injury and damage to the door. Do not operate the oven if it is damaged, until it has been repaired by a qualified person. It is particularly important that the oven door close properly and that there is no damage to the following:

i) Door (bent), ii) Hinges and Latches (broken or loosened), iii) Door seals and sealing surfaces.

d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

LOCATION OF CONTROLS





1. Door latch – When the door is closed, it will automatically lock shut. If the door is opened while the oven is operating, the magnetron will automatically shut off.

2. Door seal – The door seal maintains the microwaves within the oven cavity and prevents microwave leakage.

3. Spatter shield – Protects the microwave outlet from splashes of cooking foods.

4. Oven cavity.

5. Control panel – Set the oven controls with a number of function pads.

6. Safety interlock system – Prevents the oven from operating while the door is opened.

7. Glass cooking tray – Made of special heat resistant glass. The tray must always be in proper position before operating the oven. Do not cook food directly on the tray.

8. Roller guide – Supports the glass cooking tray. Must always be in proper position before operating the oven.

9. Door screen – Allows viewing of food. The screen is designed so that light can pass through, but not the microwaves.

10. Display – Cooking time, power level, function indicators and the present time are displayed.

11. Power pad – Used to set the desired cooking power level.

12. Timer pad – Used to allow the display to operate as a kitchen timer.

13. Clock pad – Touch to set the present time.

14. Defrost pad – Used to set the oven to estimate the defrosting time by weight entered.

15. 10 key pads – Used to select the desired power level, cooking time, etc.

16. Popcorn pad – Touch to cook popcorn.

17. Beverage pad – Used to heat beverages.

18. Reheat pad – Used to reheat plated foods.

19. Cancel pad – Used to stop cooking or clear the cooking data.

OPERATION INSTRUCTIONS

Setting the clock

1. Press CLOCK button, one signal will sound at the touch.
2. Press the number pads to set the clock time.
3. Press CLOCK once again to confirm the setting.

Microwave cooking

1. Press "POWER" pad per below to set cooking power level.

Press	Display	Description
once	P100	High power
Twice	P80	Medium high power
Thrice	P60	Medium power
4 times	P40	Medium low power
5 times	P20	Low power
6 times	P00	Cool

2. Press the number pads to enter cooking time, the maximum cooking time being 99min plus 99sec.
3. Press START to start cooking. The clock will begin to count down the cooking time while 1S and microwave cooking sign illuminates.

For example, suppose you want to cook for 1 minute at 60% power.

1. Press POWER button 3 times.
2. Input the cooking time by touching the number pads.
3. Press START button.

Popcorn

Press this button once if you want to cook popcorn by the system default time setting; or twice to set your own cooking time according to the weight of popcorn.

Press	Popcorn Weight	Cooking Time
Once	4 OZ	3: 10
Twice	Enter weight and cooking time	

Once you have set the popcorn cooking time, press the START pad, and the oven begins to count down cooking time.

Beverage

The "Auto" indicator flashes on the screen once you place a cup of beverage in the oven and press this button.

After you have also stated the number of servings by pressing the number pads, you press the START button, and the oven starts to cook at full power level.

Press BEVERAGE	Press the number pads 1-4 to state number of servings	Cook with full power level for the following time:
Once (5-7 OZ per serving)	1	1:30
	2	2:50
	3	4:10
	4	5:30
Twice (9-11 OZ per serving)	1	2:40
	2	4:30
	3	6:20
	4	8:10

Auto reheat

Press this button to reheat food with the default cooking time setting of 4:10 at full power level.

DEFROST

Automatically sets proper defrosting cycle once you have entered the weight of the food to be thawed. Maximum allowable weight for each category is shown below.

FOOD CATEGORY	MAXIMUM FOOD WEIGHT	DISPLAY
Meat	81 OZ.	d1
Poultry	141 OZ.	d2
Seafood	32 OZ.	d3

Suppose you want to defrost 20 oz. shrimp.

1. Touch DEFROST button 3 times. "d3" will appear in the display.
2. Use the number pads to enter weights, note that cooking time is automatically set.
3. Touch START button.

NOTE

The defrosting time divides itself into 3 even periods, and the system will signal at the end of the first and second period, which serve to remind you to turn the food over for even defrosting.

To serve as a reminder, after a cooking or defrosting function has completed, the oven makes signals every two minutes until the door is opened or the CANCEL button is touched.

Express cooking

The oven will operate at HIGH power (100% power output) for EXPRESS cooking program.

With each press of the START button you can program the oven to cook in the following time settings:

TIME	PRES START BUTTON
0:30	Once
1:00	Twice
2:00	Thrice
...	...
10:00	←MAXIMUM COOKING TIME AT FULL POWER LEVEL

For example, to set the oven to cook for 3 minutes using this feature:.

1. Place food in the oven.
2. Press START button 4 times, the oven starts working immediately at full power.

Multi-stage cooking

The oven can be programmed to do several consecutive functions.

The following steps are needed if we are going to set a cooking program which involves defrosting and microwave cooking at different power levels.

1. If needed, touch the CANCEL pad to reset the oven operating system.
2. Input a defrost by weight program.
3. Input microwave-cooking program with full power level and a cooking time of 5 minutes.
4. Input the second microwave cooking program with power level set at medium, and cooking time being 3 seconds.
5. Touch START button.

NOTE

Logically, a defrost by weight session, if there is one, must proceed any cooking program in multi-stage cooking setting.

The respective lights will come on to indicate which stage the oven is operating in. The signal will sound at the ending of the total cooking time.

Setting timer

Programmable kitchen timer that operates independently from the microwave cooking factions.

For example, suppose you want to set the timer for 3 minutes.

1. Press TIMER button.
2. Use the number pads to enter 3:00.
3. Press START button.

Setting child lock

With the oven being idle, press and hold the CANCEL pad for 3 seconds. The system will signal once, and the child lock function indicator illuminates. All cooking function keypads are disabled.

To unlock the oven, hold down the CANCEL pad for at least 3 seconds. When the child lock light goes off, all function pads regain their normal use.

COOKING GUIDE

THE PRINCIPLES OF MICROWAVE COOKING

Microwaves are a form of high frequency radio waves similar to those used by a radio including AM, FM and CB. Electricity is converted into microwave energy by the magnetron tube. From the magnetron tube, microwave energy is transmitted to the oven where it is reflected, transmitted, and absorbed by the food.

Reflection

Microwaves are reflected by metal just as a ball is bounced off of a wall. For this reason, metal utensils are not suitable for use in the microwave. A combination of stationary interior walls and a rotating metal turntable or stirrer fan helps assure that the microwaves are well distributed within the oven cavity to produce even cooking.

Transmission

Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window. Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.

Absorption

During cooking, microwaves will be absorbed by food. They penetrate to a depth of about 3/4 to 1 1/2 inches. Microwave energy activates the molecules in the food (especially water, fat and sugar), and heat is produced. If you vigorously rub your hands together, you will feel heat produced by friction. The internal cooking of larger foods is done by conduction as the heat which is produced by friction is conducted to the middle of the food. Foods also continue to cook by conduction during standing time.

FOOD CHARACTERISTICS

Quantity: The amount of food placed in a microwave oven has a direct effect on the cooking time. Small amounts of food or liquid require less cooking time than larger amounts of the same substance. As quantity increases, concentration decreases.

Size: Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than two inches (5 cm), so microwaves can penetrate to the middle from all sides. Pieces which are similar in size and shape cook more evenly.

Shape: Many foods are uneven, like a chicken, ribs or broccoli. The thin parts will cook faster than the thick parts, while uniformly thick foods cook evenly. To compensate for irregular shapes, place thin pieces toward the center of the dish and thicker pieces toward the edge of the dish.

Starting Temperature: Frozen or refrigerated foods take longer to cook than foods at room temperature.

Bone and Fat: Because bones conduct heat, the side of the meat the bone is on will cook first, while boneless cuts cook slower but more evenly. Fat attracts microwaves. The middle of these foods are cooked by heat conduction.

Moisture Content: Microwaves are attracted by moisture. Naturally moist foods absorb microwaves better than dry ones. Add minimal liquid to moist foods, as excess water slows cooking.

Density: The density of food determines how easily the microwaves can penetrate and how quickly it will cook. Porous foods, like chopped beef or mashed potatoes, microwave faster than dense ones like steak or whole potatoes.

Piercing: Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

MICROWAVE TECHNIQUES

Stirring: Stir foods from outside to center of dish once or twice during cooking to equalize heat and speed microwaving. Foods will not burn or stick, so there's no need to stir constantly as you do in conventional cooking.

Arrangement: Arrange foods with thin or delicate ends, like drumsticks or asparagus spears with the thick or tougher portions to the outside of the dish. The parts which need more cooking will receive more energy, so food will microwave evenly.

Spacing: Individual foods, such as baked potatoes and cupcakes will cook more evenly if placed in the oven an equal distance apart. When possible, arrange foods in a circular pattern. Similarly, when placing foods in a baking dish, arrange around the outside of dish, not lined up next to each other. Food should not be stacked on top of each other.

Rearrangement: Rearrange overlapping areas, like tails of long fish fillets, from top to bottom, and closely packed pieces, like meatballs, from the outside to the center of the dish.

Standing Time: Standing time is especially important in microwave cooking. Microwave energy creates heat in the outer layers of the food. As a result of normal conduction, the food continues to cook for a few minutes after removal from the oven. Letting roasts, large whole vegetables, casseroles and cakes stand to finish cooking allows the middles to cook completely without overcooking, drying or toughening the outsides.

Coverlng: Covering speeds cooking time, retains moisture, tenderizes, insures even cooking and prevents spattering. Casserole lids or plastic wrap are used for a tighter seal. Vent plastic by turning back one edge at the side of dish to form a narrow slot where excess steam can escape. Various degrees of moisture retention are also obtained by using wax paper or paper towels.

Browning: Microwave energy cooks some foods so quickly that the fats and sugars within the food do not have time to caramelize and give a "browned" appearance. Browning agents do not affect the quality of microwaved foods, but can add color and flavor. For meats and poultry, use bouquet sauce diluted with water or melted butter, soy, worcestershire, barbecue or steak sauce, a sprinkling of paprika or dry gravy mix, jelly glaze or crumb coating. Top casseroles at the end of microwaving with grated cheese or crumbs.

Some Foods do not Microwave Well

Eggs in Shells and hard boiled eggs can burst.

Pancakes do not crust, but they reheat well. Fully-prepared, frozen pancakes are available for microwaving.

Bottles with narrow necks may shatter if heated.

Pop Popcorn only in special microwave poppers. Do not use oil unless specified by the manufacturer, or heat longer than recommended. Never pop popcorn in paper bags or glass utensils or directly on the glass tray.

HOT SNACKS AND APPETIZERS

Many appetizers may be cooked on the serving platter, provided the platter does not have metal trim. A time saver tip - prepare these foods ahead of time, refrigerate or freeze and refresh in the oven at serving time. A plate of appetizers will take only seconds to prepare or refresh.

Cheese melts very rapidly and will toughen if overcooked, so watch foods combined with cheese closely so that overcooking will not occur. As soon as cheese starts to bubble, cooking is completed.

Appetizers that have a crisp pastry exterior are best prepared in a conventional oven.

To prepare appetizers wrapped in bacon, it will be necessary to precook the bacon and then wrap around the foods.

Seafood mixtures can be prepared in serving shells as microwave energy will pass through the seafood shells without heating. Aluminum foil should not be used for shells.

If spreads are placed on crackers, care should be taken not to overcook as moisture from the food will cause crackers to become soggy. Crackers used for spreads should be very dry and crisp. This helps avoid sogginess. Heat only until spread is at serving temperature.

The time required to heat all appetizers will depend on the amount of food, and the number and the type of dish selected.

Remember the food will become very hot even if the dish is cool. Cheese mixtures retain heat longer when heated with microwave energy.

MEATS

Guide for Cooking Meats

Roasts, chops, hamburgers and small cuts of tender meat cook beautifully in the microwave oven. Most roasts can be cooked rare, medium rare or even well done in less than one hour. Less tender cuts of meat such as pot roast can be simmered fork tender in a sauce or gravy. Tough cuts that require slow cooking will do better in the conventional range or oven. A large piece of meat, especially if the shape is uneven, should be turned over occasionally for uniform roasting.

- Place meat on a microwave-safe roasting rack on a microwave-safe dish.
- Check the temperature in several places before letting meat stand the recommended time.
- The following temperatures are removal temperatures. The temperatures of the food will rise during the standing time.
- Use microwave-safe cover to prevent spattering.

Meat	Power Level	Cooking Time (per lb)	Standing Time	Special Notes
Beef Roast - Boneless				
Rare (115¡F)	100 for first	9 - 12 min.	10 min.	Place roast fat-side down on
Med (120¡F)	5 mins., then	10 - 13 min.	10 min.	roasting rack. Turn over when
Well (145¡F)	medium (50)	11 - 16 min.	10 min.	cooking time is half done.
Pork Roast				
Bone-in (160¡F)	100 for first 5 mins.,	12 - 15 min.	10 min.	Place roast fat-side down on
Boneless (160¡F)	then medium (50)	12 - 15 min.	10 min.	roasting rack. Cover with wax paper. Turn over when cooking time is half done.
Bacon				
Slices (4 strips) (1 slice; weight: 1 oz, length: 11 in.)	100	3 1/2 - 5 1/2 min.	Ñ	Arrange slices on roasting rack or a dish. Cover with another towel and microwave until crisp.

POULTRY

Guide for Cooking Poultry

Chicken is one of the most popular foods and microwaving chicken is one of the best uses of your microwave oven. Chicken stays juicy and tender in the microwave oven. However, juiciness prevents browning because chicken crisps and browns only when the skin dries out enough to change color. Standing time is important, because it allows the interior to finish cooking without toughening the delicate breast meat.

- Place poultry on a microwave-safe roasting rack on a microwave-safe dish.
- Cover poultry with a microwave-safe cover to prevent spattering.
- Check the temperature in several places before letting meat stand the recommended time.

Food	Power Level	Cooking Time (per lb)	Standing Time	Special Notes
Chicken whole up to 4 pounds (170¡ to 180¡F)	70	7 - 11 min.	5 - 10 min.	Place breast side up on a roasting rack. Turn over after cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink.
Chicken Pieces up to 2 pounds (170¡ to 180¡F)	70	7 - 11 min.	5 - 10 min.	Place chicken bone-side down on a dish with the thickest portions towards the outside of the dish. Turn over after cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink.

SEAFOOD

Guide for Cooking Seafood

- Cook fish until it flakes easily with a fork.
- Place fish on a microwave-safe roasting rack on a microwave-safe dish.
- Use a tight microwave-safe cover to steam fish. Provide a small vent for less steaming.
- Do not overcook; check it at medium cooking time.

Meat	Power Level	Cooking Time (per lb)	Standing Time	Special Notes
Steaks up to 1.5 pounds	70	8 - 12 min.	3-5 min.	Arrange steaks on a roasting rack with meaty portions toward the outside of the rack. Turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork.
Fillets up to 1.5 pounds	70	5 - 9 min.	2 - 3 min.	Arrange fillets on a baking dish, turning any thin pieces under. Turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork.
Shrimp up to 1.5 pounds	70	4 - 7 1/2 min.	5 min.	Arrange shrimp on a baking dish, without overlapping or layering. Cook until firm and opaque, stirring 2 or 3 times.

EGGS & CHEESE

Guide for Cooking Eggs & Cheese

- CHEESE

  Cheese melts quickly and smoothly. When serving cheese as an appetizer, flavor is at peak when served at room temperature. Use a low power level for melting. Cheese melts best when shredded and heated with milk or other liquids. Stir cheese mixtures several times for even heating.

- EGGS

  Eggs cook differently by microwave. The high fat content of egg yolks absorb energy, so yolks cook faster than whites. It's easy to poach eggs in a microwave oven, but if you want soft yolks, remove eggs from the oven before whites are completely cooked. A brief standing time allows whites to set without overcooking yolks. Check eggs for completion of cooking early, they toughen when overcooked.

  When eggs and yolks are mixed together for omelets, scrambled eggs or custards, they cook evenly and need less stirring than the conventional cooking methods.

  Do not try to cook eggs in the shell. Steam can build up inside the shells, causing them to burst.

Scrambled Eggs

Eggs	Butter	Milk or Water	Cook on Power 100	Procedure
2	1 Tbsp	2 Tbsp	1 - 3 min.	Place butter in small casserole dish and melt. Add eggs and milk, scrambling with fork. Cook as directed in chart, breaking up and stirring eggs twice. Let stand, covered, before serving.
4	1 Tbsp	2 Tbsp	2 - 4 min.	
6	2 Tbsp	4 Tbsp	3 - 5 min.	

Poached Eggs

Eggs	Water	Cook Water on Power 10	Cook Eggs on Power 80	Standing Time	Procedure
1	1 1/2 cups	4 - 6 min.	2 min.	2 min	Place water into medium casserole dish. Cook at High until boiling. Break eggs, one at a time, into separate dish, pierce yolk once with wooden pick and slip egg carefully into hot water, cook as directed in chart.
2	1 1/2 cups	4 - 6 min.	2 - 3 min.	2 min.	
4	2 cups	6 - 7 min.	3 - 4 min.	2 min.	

VEGETABLES

Guide for Cooking Fresheg Vetables

Nutrition research indicates that many microwaved vegetables and fruits lose less water soluble vitamin C than when cooked conventionally. This is due to shorter cooking time and to the fact that less cooking water is needed when microwaving fruits and vegetables. Best of all, vegetables keep their fresh color, texture and flavor. Vegetables should be microwaved covered with vented plastic wrap or a casserole lid. Vegetables cooked in their skins, such as potatoes, are already so tightly covered that they should be pierced with a fork before cooking in order to release excess steam. To assure even cooking, vegetables should be cut in uniform pieces and stirred during the cooking time. Always add salt to water before adding vegetables. Reduce time a minute or two for crisp tender texture. Increase time for very soft texture. Remember to allow standing time of 3 to 6 minutes after cooking, because as most foods do, vegetables will continue to cook after they are removed from the microwave oven.

CASSEROLES

Casseroles may require occasional stirring to distribute heat. They cook more evenly when made with ingredients of similar size and shape. Because of their shorter cooking time, casseroles cooked in the microwave oven generally need less liquid. Casseroles with cream and cheese sauces, or meats which need slower cooking to tenderize, cook best on power level 40.

When cooking a favorite casserole, make two and freeze the second for future use. Line a casserole or baking dish with plastic wrap. Transfer the cooked food to the lined container and freeze. As soon as the food is frozen in the shape of the dish, remove it and wrap with freezer paper. Later it can be unwrapped and returned to the container for defrosting and heating.

Dry Casserole Mixtures

Many prepared box type casseroles are available on the grocery shelves. Many have freeze dried foods or evaporated foods included. Cooking periods are so short there may not be time for the foods to absorb the moisture sufficiently and reconstitute the foods. To prepare this type, boil the amount of water recommended on the package. Add the noodles (when included), cover and cook for approximately 12 minutes. Allow noodles to stand covered for an additional 12 minutes, rinse with warm water and drain. Then follow package directions for preparing the mix. Reheat 4 to 6 minutes before serving.

DESSERTS

There's always time to make dessert with a microwave oven. Fruit desserts have a remarkably fresh flavor and texture. Microwaved cakes raise higher and are more tender than conventionally baked; since cakes are usually frosted, browning is unimportant. Microwaved pie crusts are exceptionally tender and flaky, while delicate custards and puddings are easy to prepare.

Guide for Cooking Cakes

Food	Power Level	Cooking Time	Standing Time	Special Notes
Cake, round (Mixed 9 inch)	100 80	6 - 8 1/2 min. 7 - 9 min.	2 - 5 min.	Pour into greased micro-waveable cake dishes.
Ring or Angel Food Cake	80	8 - 11 min.	2 - 5 min.	Cover with microwave-safe cover.
Muffin (6 muffins)	60	6 1/2 - 8 1/2 min.	2 - 5 min.	Rearrange once.
Custard (6 servings)	60	15 - 17 min.	5 - 7 min.	Rearrange once.

Baking

Bar cookies work best. Greasing or lining of the microwaveable baking dish is optional.

If insufficient browning disturbs you, frost, glaze or add food coloring to white or yellow batters.

Round glass baking dishes, and fluted or smooth microwaveable ring molds work best for cakes. You can make a microwaveable ring mold of your own by placing a medium-size glass in the center of a round glass baking dish.

Because your cakes will rise higher in microwave cooking, never fill microwaveable cake pans more than half full.

Reduce baking powder and soda by approximately one-fourth when converting a conventional recipe.

Fill paper-lined muffin cups to only half full which allows for muffins to rise more than normal.

You can prepare your own "brown 'n serve" breads and rolls by baking them ahead of time in the microwave oven. Then, place them in a conventional oven to brown prior to serving.

Breads and rolls should be reheated to the point where they are warm to the touch. Overheating or overcooking makes bread tough and rubbery.

When making yeast bread in a microwave oven, choose a recipe with cornmeal, whole wheat flour, or rye flour to achieve a richer color.

WEIGHT & MEASURE CONVERSION CHART

POUNDS & OUNCES TO GRAMS

POUNDS (lbs)	GRAMS (g)
1/4	114
1/2	227
3/4	341
1	454
2	907
3	1361
4	1814
5	2268
6	2722
7	3175
8	3629
9	4082
10	4536
11	4990

OUNCES (oz)	GRAMS (g)
1	28
2	57
3	85
4	113
5	142
6	170
7	198
8	227

OUNCES (oz)	GRAMS (g)
9	255
10	284
11	312
12	340
13	369
14	397
15	425
16	454

¥ FLUID MEASUREMENTS

1 Cup =	8 fluid ounces =	240 ml
1 Pint =	16 fluid ounces =	480 ml
1 Quart =	32 fluid ounces =	960 ml
1 Gallon =	128 fluid ounces =	3840 ml

SPECIFICATIONS

Item	Rating Specification
Power Supply	120V 15A single phase with grounding 60Hz AC
Microwave Output Power	600W
Microwave Frequency	2450MHz
Outside Dimensions	14 1/4 (H) x 14 1/2 (W) x 14 3/8 (D) inches
Cavity Dimensions	6 3/4 (H) x 11 3/16 (W) x 10 11/16 (D) inches
Weight	28.6 Lbs (Approx)
Timer	Digital 99 minutes, 99 seconds

BEFORE YOU CALL FOR SERVICE

Refer to the following checklist before you call for service:

The oven does not work:

1. Check that the power cord is securely plugged in.
2. Check that the door is firmly closed.
3. Check that the cooking time is set.
4. Check for a blown circuit fuse or tripped main circuit breaker in your house.
5. Check that the Child Lock feature is not engaged.

Sparking in the cavity:

1. Check the containers, dishes or utensils in the oven and make sure they are not metal or have metal trim.

LIMITED WARRANTY

Manufacturer warrants this product to be free from manufacturing defects in material and workmanship under normal use for a period of ONE YEAR from date of purchase. For service, technical support and warranty coverage details, please contact us at 1-877-4-GALANZ.

This warranty is void if:

- ☐ Used in a commercial application or rental
- ☐ Damaged through misuse, negligence or abuse
- ☐ Modified or repaired by anyone other than a qualified service technician
- ☐ Damaged because it is improperly connected to any other equipment

This warranty does not cover:

- ☐ Ordinary adjustments as outlined in the owner's manual which can be performed by the customer (if applicable)
- ☐ Damage to equipment not properly connected to the product
- ☐ Any cost incurred in shipping the product for repair
- ☐ Damage to product not used in USA
- ☐ Possible incompatibility with other systems
- ☐ Signal reception problems caused by external antenna or cable systems

This warranty is not transferable and only applies to the original purchase. Any implied warranties, including the warranty of merchantability, are limited in duration to the period of this expressed warranty and no warranty whether expressed or implied shall apply to the product thereafter. Under no circumstance shall Galanz, be liable for any loss or consequential damage arising out of the use of this product. This warranty gives specific legal rights. However, you may have other rights, which may vary from state to state. Some states do not allow limitations on implied warranties or exclusions of consequential damage. Therefore, these restrictions may not apply.

REGISTRATION: PLEASE COMPLETE AND RETAIN FOR WARRANTY PURPOSES